

BUMI WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to ensure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

BUMI WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be training 4 days a week with calisthenics training and then one day per week is going to mix a long distance cardio training session with our calisthenics. The calisthenics during the four day split will allow us to hit a few main calisthenics movements while adding in holds, core and some extra advancement.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & traditional pyramid training, straight sets, super sets, progressive overload and more.

Bumi Workout Routine: Sample Schedule

Monday: Omashu Calisthenics Session A

Tuesday: Omashu Calisthenics Session B

Wednesday: Earthbending High Intensity Interval Training Session

Thursday: Omashu Calisthenics Session C

Friday: Omashu Calisthenics Session D

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Bumi Workout Routine: Calisthenics Session A

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Calisthenics Main Training:

Air Squats

3×25

Push Ups

3×20

Sit Ups

3×15

Dips

3×10

Pull ups

3×8

Extra Core and Hold Work:

L-Sit Hold

3×30 Seconds

Hanging Knee Raises

3×20

Handstand Hold

3×Failure

Bumi Workout Routine: Calisthenics Session B

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Calisthenics Main Training:

Glute Bridges

3×25

Diamond Push Ups

3×20

V-Ups

3×15

Plank to Push Ups

3×10

Chin Ups

3×8

Extra Core and Hold Work:

Hollow Hold

3×30 Seconds

Lying Leg Raises

3×20

Pull Up Hold

3xFailure

Bumi Workout Routine: Earthbending High Intensity Interval Training Session

Warm Up:

400m Jog

25 Jumping Jacks

25 High Knees

Workout: Complete 4 Rounds

400M Run

30 Box Jumps

25 Explosive Push Ups

20 Second L-Sit

15 Inch Worms

10 Jumping Lunges (total)

Bumi Workout Routine: Calisthenics Session C

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Calisthenics Main Training:

Alternating Pistol Squats

3×26

Close to Wide Push Ups

3×20

Knee Tucks

3×15

Chair Dips

3×10

Wide Grip Pull ups

3×8

Extra Core and Hold Work:

Superman Hold

3×30 Seconds

Knee to Elbows

3×20

Chin Up Hold

3×Failure

Bumi Workout Routine: Calisthenics Session D

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Calisthenics Main Training:

Slow Alternating Step Ups

3×30 (15 each leg)

Decline Push Ups

3×25

Sit Ups with Twist

3×20

Tricep Extensions (Calisthenics)

3×12

Wall Climbs

3×10

Extra Core and Hold Work:

L-Sit Hold

3×30 Seconds

Flutter Kicks

3×50

Plank Hold

3×60 seconds

Bumi Workout Routine: Optional Additional Training Resources

HIIT Training Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

Endurance Work Resources:

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)
- [How To Continue Training After Your First 5K \(Workout Included\)](#)

Parkour Training Resources:

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

Main MMA Training Resources

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)